



The WFC Flyer



A Publication of the Williamson Flying Club, Inc.

JULY, 2008

General Meeting

July 10, 2008

7:30 PM, Clubhouse

Board Meeting

Aug 7, 2008

7:00 PM, Clubhouse



To most people, the sky is the limit. To those who love aviation, the sky is home. - anon.

From The President by Pam Tarkington

I truly am very grateful to all of you who helped out with Scout's Day. There were 126 very happy - and amazed Boy Scouts who received their aviation badge. Also I was impressed listening to the parents/leaders saying how grateful they were that our club would sponsor such an event.

We owe a special thanks to Mike - it was only my idea - but, more importantly, his fantastic organizational skills. The bottom line is that this activity could not have taken place without the support of you, the club volunteers. Again: thanks to all of you.

The insurance issue is still a problem. I would like to thank Kathy Mincin, a club member and our insurance agent for coming to speak with us. I also thank all of you who attended the meeting. So far, I have received a comment from one member. Once I have more of these, I'll communicate with you. Please, send me your suggestions/ ideas. As of today, we have not received our policy. There is another problem here: once we do receive it, I am not sure how many of us will really understand the "legalize". Once we have everything - including your suggestions, I will put your ideas together

and communicate such to you.

I am not aware of all of Bob's communications with the insurance company but he has told me that this is the only company that would insure us - we must keep this in mind.

On a lighter note, the aviation topic for July will be helicopters. Duane and (?) Dave will give us a talk on (a date to be determined) on to how they fly (somebody told me they should not by the law of aerodynamics) and what to do if you want to get a chopper license.

There will be a safety seminar in August and, I hope, another special aviation demonstration.

More than anything else, we must keep our club together - together we are a club - divided we are only a couple of associations. The first is vastly better.

Enjoy the 4th Holiday.

Hey, how about some Saturday lunch volunteers? This is also a great way to get the club together. There is a sign up sheet on the bulletin board.



Security Reminder

Please secure your aircraft after each flight. Double check that cabin doors and baggage compartments (if applicable) are locked. Remember to use a tie down chain and padlock when returning club aircraft to an open hangar.

Flight Rx *by Dr. Pam Tarkington*

TYPE II DIABETES

Recently, I wrote an article about those diabetics that require insulin. A long time ago, it was believed that only type I diabetics required insulin - for several years now, physicians have found it necessary to give insulin to type II diabetics to control their sugar.

That being said, we now have an epidemic in this country of type II diabetes. Without getting into all the fine points of this, the main reason for this is an explosion of obesity in this country and hence, type II diabetes.

What is diabetes? It is caused by too little insulin produced by the pancreas or resistance to insulin or both. More than 20 million Americans have diabetes and many do not know they have it.

You have a greater risk of diabetes if:

1. there is a family history
2. you are obese
3. genetics: Hispanic, African American, Native North American, Asian
4. hypertension
5. you experienced gestational diabetes and had a baby greater than 9 lbs.
6. hypercholesterolemia
7. sedentary lifestyle

Symptoms: eating more but losing weight
 blurred vision
 excessive thirst
 fatigue
 frequent urination
 infection that takes a long time to heal

However type II can be insidious.

Generally type II diabetes is treated with weight loss, diet, exercise and pills.

If you have type II diabetes and are taking a pill or if this is changed to another pill, you must stop flying and report said change to the FAA. You will also need a letter from your treating physician stating the change and the fact that your sugar is controlled and that you have no side effects (specifically low blood sugar) as well as a copy of your lab studies for diabetes and the fact that you have had no low blood sugars or any cardiac, neurologic, nephrologic or ophthalmic problems.

As I have said before, diabetes requires a Special Issuance. The FAA will send you a letter stating what documentation you must bring to your AME for the re-issuance of your medical certificate. I cannot re-iterate that you must bring all documentation - as with any Special Issuance - if you do not do so, your AME must defer you.

In short: read the letter the FAA sends you and comply.

Any questions: please call

- Pam



Treasurer's Column *by Bob Herloski*

As was announced via aircraftclubs.com, we have just received a new load of fuel. Our cost per gallon went up by \$0.81 per gallon (!!), so both the pump price and aircraft rental prices have been updated. Pump price and member price for fuel both were increased by \$0.60 per gallon, and aircraft rental prices increased by \$7 per hour effective July 1, except for the C150, which increased by \$5 per hour.

Members only flew about 75 hours in June, which was the lowest figure for June in over 8 years. If this trend continues, I will have to revise downward the estimated aircraft rental revenue, and also the estimated year end net income.